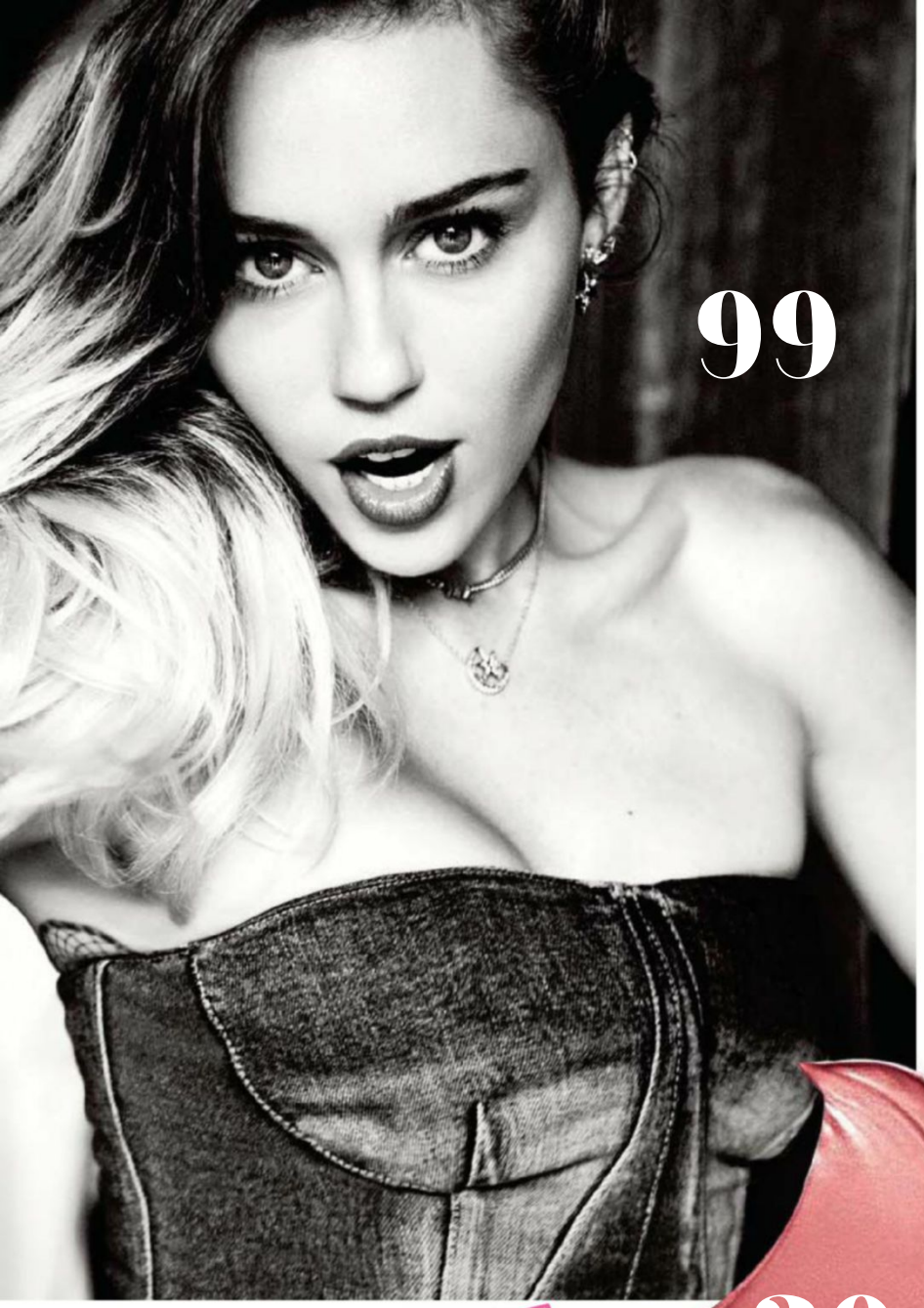
COSMOPOLITAN
SRI LANKA
Tokyo Pop Meets Lankan Chic
Channel Harajuku Fashion Through Sorbet Streaks!
Miley Cyrus
Her Most Candid Q&A Yet!
SKIP THE CHEATERS IN YOUR DATING LIFE
C-Town's A Small Place
Are You A First-Time Hiker?
Lace Up & Read On
Bright Lipsticks On Dark Skin Tones:
A Recipe For Beauty Success
Let's Talk About Birth Control
You always have options
CROSSFIT IN COLOMBO
STRONG BODY = FAB YOU!
End Stupid Money Fights
With your partner, parents *and* friends
OCTOBER 2017
QD/186/NEWS/2016
ISSN 2465-6429
9 772465 642002
RS. 200
cosmomag.lk



ON THE COVER

TOP & JEANS: Jonathan Simkhai; INITIAL NECKLACE & EAR CUFFS: Miley's own; NECKLACE: Shay; EARRINGS & RING: Selim Mouzannar.

To get Miley's look, try Double Wear Nude Water Fresh Makeup Broad Spectrum SPF 30 in Cool Bone, The Brow Multi-Tasker in Dark Brunette, Pure Color Envy Lash Mascara in Black, Pure Color Lip and Cheek Multistick in Rose Exposed, and Pure Color Envy Hi-Lustre Light Sculpting Lipstick in Drop Dead Red, all by Estée Lauder.

STYLE DIRECTOR: James Worthington DeMolet
PHOTOGRAPHY: Ellen Von Unwerth
HAIR: Teddy Charles at The Wall Group
PROP STYLIST: Evan Jourden
PRODUCTION: Viewfinders
HOTEL: Thompson Nashville

CELEB SCENE

28 Sisters Before Misters
30 5 Ways To Steal Hailey Baldwin's Look
32 The Cosmo Guy: Kanitha Munasinghe

STYLE

39 Retro Cuties
40 Mule-ish
41 Gamechangers
42 Fashion Callout: Chanika Jayathilake
43 Hey How Do I Wear…The Sturdy Sandal?
44 Fun, Fearless Shopping
45 Fun, Fearless Finds
46 Style Q&A
48 Celebspiration
108 Double Take

BEAUTY

51 Start Fresh
54 Does Your Hair Have A Split Personality?
55 The Surprising Key To Beautiful Skin
60 Slough Off!
61 The Cosmo Hotlist
66 On Fleek!
116 After The After Party

YOU YOU YOU

71 The Typical Lankan Dinner Party: An Exposé
74 "Yes, I Still Sleep With A Stuffed Animal"

CAREER

77 Work Out Your Brain
78 7 Weird Reasons You Can't Focus
82 How I Did It: Narendra Bandaranayake
86 Worst Workplace Rules At Sri Lankan Companies (Yikes!)

LOVE LUST

136 Manthropology
138 20 Men Tell Us…What Goes Through Their Minds In The Middle Of An Argument
140 Body Q&A
143 He's Your BF, Not Your BFF
146 Ask Him Anything

BODY

147 #FitnessGoals
152 How Candy Bites Back

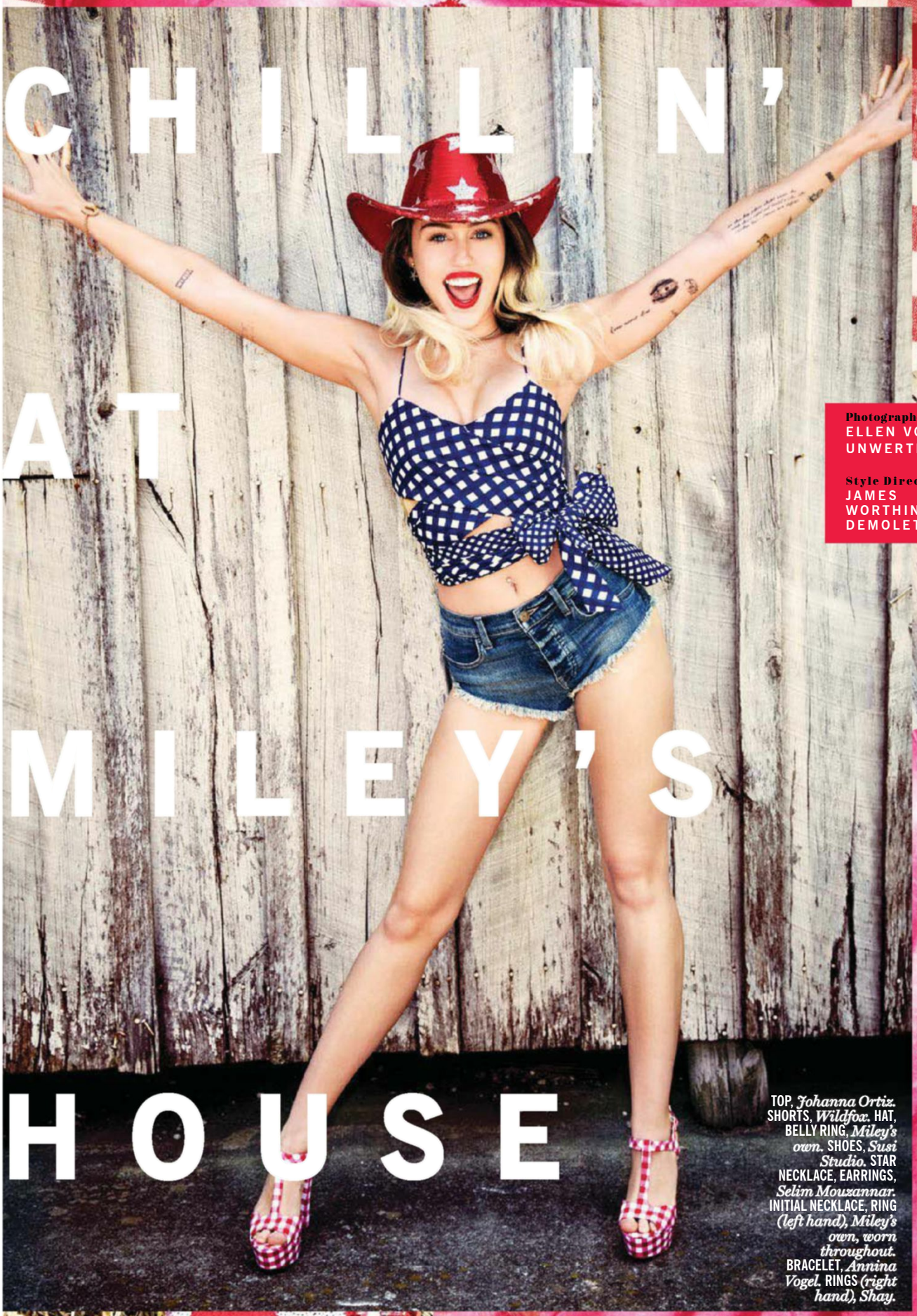
LIVE IT UP!

157 Carbo-Nada?!
158 Party In Your Sweats
160 Trick Or Freak: A Humorous Account Of Why Halloween Isn't A Big Deal In Lanka
164 Cosmo Food
165 Cosmo Reads

CHILLIN' AT MILEY'S HOUSE

Photographed by
ELLEN VON UNWERTH

Style Director
JAMES WORTHINGTON DEMOLET



TOP, *Johanna Ortiz.* SHORTS, *Wildfox.* HAT, BELLY RING, *Miley's own.* SHOES, *Susi Studio.* STAR NECKLACE, EARRINGS, *Selim Mouzannar.* INITIAL NECKLACE, RING *(left hand), Miley's own, worn throughout.* BRACELET, *Annina Vogel.* RINGS *(right hand), Shay.*

Sure, the sky's so blue in Malibu

but when MILEY CYRUS needs a reset, she decamps to her childhood home just outside Nashville. On a brief break between performances and finishing her new album, the 24-year-old invited Cosmo over for a glimpse inside the place that helped shape the megastar. She gave us an all-access pass to the family farm (her mom and dad – Tish and Billy Ray – were also hanging out), her girly, bubblegum-pink bedroom, and even her tween-age diary. Read on to find out what the outspoken activist and current judge on *The Voice* has to say about life, love, and marriage… in her own uncensored words.

Full name: Miley Cyrus

The three words that best describe my upcoming album:

1. FREEDOM
2. LOVE
3. ME

TRUTH

A weird thing that happened during the songwriting process:

I wrote a song on my record in a dream…I dreamt my sis Noah + I were in my car on the way to the movies, a song came on the radio + it was Noah's FAVORITE song! She said everyone was loving it… it's a "smash" Then I said "I wish I wrote it"…I woke up…+ DID!

The hardest part about recording it:

I made a lot of this album during the summer so was hard sometimes to leave the sun + lock myself in a padded studio ALL DAY ♡ (but helps that it's rainbow!)

My saddest moment in the last year was:

Hillary Clinton losing the presidency. I still believe in my lifetime I'll experience the 1st female president

But my happiest moment was:

Watching people come together through my Hopeful Hippies campaign + get involved in their community!

One thing in my old room that I'll never get rid of:

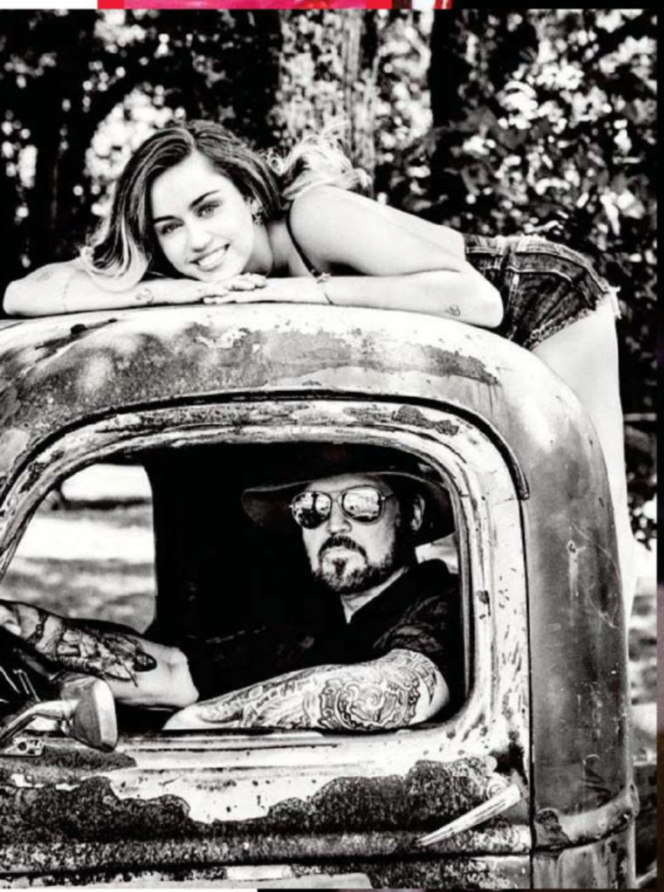
My Britney Spears collection

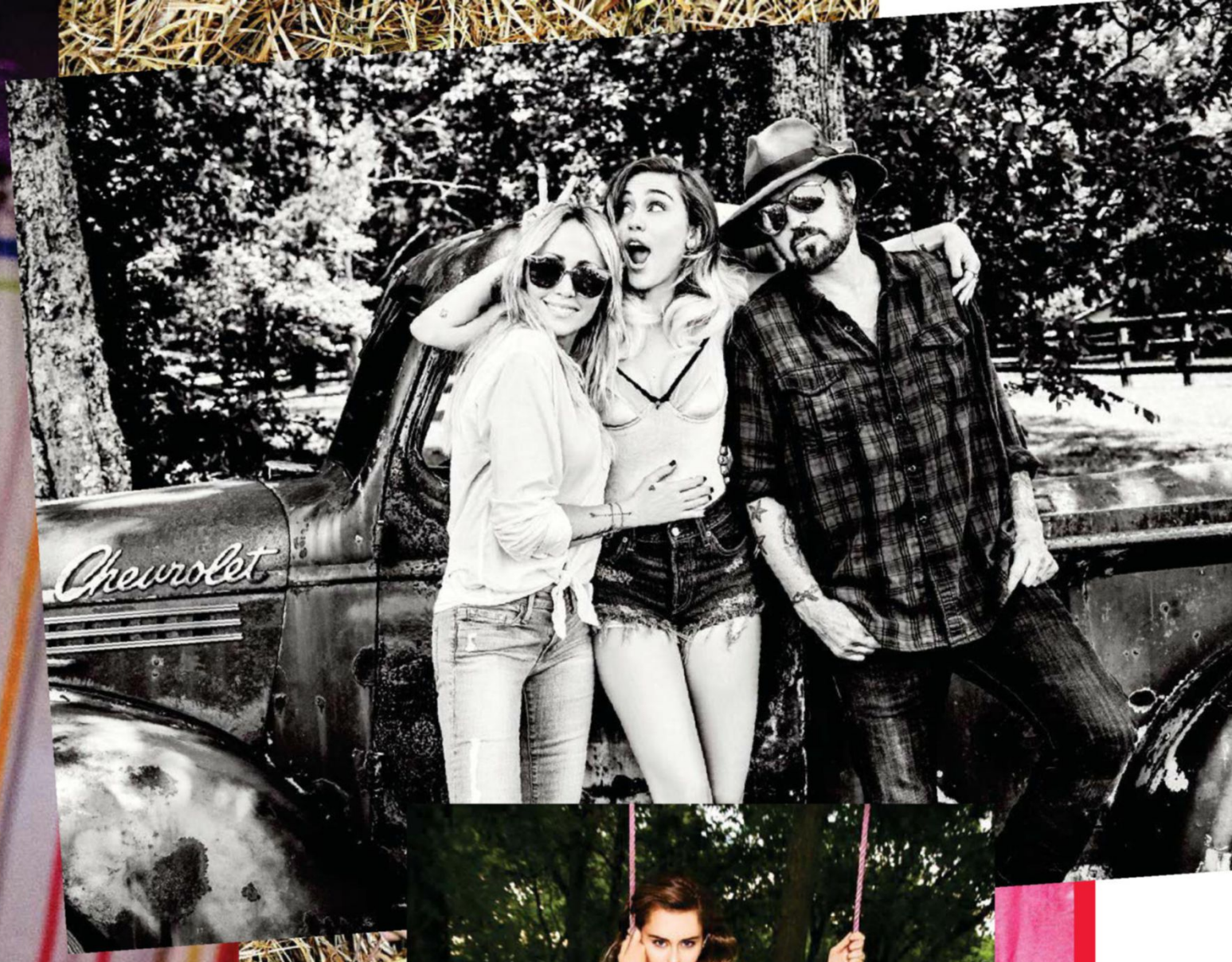
OPENER BACKGROUND IMAGE: GETTY IMAGES; GETTY IMAGES (3).

Miley's mom, Tish, converted her shoe closet into a cozy room for little Miley. Tish spent hours tissue-papering and painting the walls—Miley's friends (and fam!) then wrote all over it!

BRA, BRIEFS, *Jeremy Scott.* **SHOES,** *Beyond Skin.* **STAR NECKLACE, EARRINGS,** *Selim Mouzannar*

You can take the girl out of Nashville, but you can't take the Nashville out of the girl. Give Miley a hat and boots, and she's ready to rock. She says she loves it that people dress up as her for Halloween.





Miley says nobody makes her laugh harder than her dad. And the first person she calls when she's on the verge of a breakdown? "My mama."

LEFT: TOP AND SHORTS, *House of Holland.* HAT, EAR CUFFS, *Miley's own.* EARRINGS, STAR NECKLACE, *Selim Mouzannar.*

TOP RIGHT: BODYSUIT, *Gooseberry.* SHORTS, *Levi's.* EARRINGS, BRACELET, RINGS, *Selim Mouzannar.*

BOTTOM RIGHT: DRESS, *Zimmerman.* NECKLACE, EARRINGS, BRACELET, RINGS, *Selim Mouzannar*

The weirdest thing in my childhood home:

My lil sis letter where she refers to herself as "Noah Lindsey BIEBER"

The best part about having Dolly Parton as my godmother:

Having access to her closet! Ha SERIOUSLY watching the way she treats people w/ love + respect. Always a reminder to me + my family of WHAT is important. Never let success change your ♡

My biggest source of anxiety:

Being in CONTROL, I AM OCD + it can drive me crazy! I literally organize pizza crust in the box... I can be very obsessive! :-)

What I do to de-stress:

Stilling my mind + Focusing on breath

YOGA

One thing I've learned about marriage from my parents:

Nothing + No one stays the same. GROW, EVOLVE, change w/ each other + Celebrate your loves journey!

The best meal I've had in the past year:

Cracker Barrel Always + Forever

My favorite look from a red carpet in my career thus far:

2015 VMAS! Versace

My least favorite look:

Pretty much 2008-2013. The Grammys were RUFF + TOFF FOR ME. YOIKES!

My go-to beauty hack:

Lotion takes the static OFF your clothes!

Eff/marry/kill—The Voice coaches:

EFF ADAM LEVINE

Marry JENNIFER HUDSON

Kill BLAKE SHELTON

If I were auditioning on The Voice, I'd pick

Alicia Keys

as my coach because:

Super loved + special ♡ She's always made me feel loved

Spending time in my big red chair next to my sis!

WITH ALICIA KEYS

My pre-show pump-up ritual:

♡DRAG MUSIC♡ I♡RU!

The last website I visited:

You don't wanna know... or maybe ya do

My mother hates it when I:

XXX

Don't take my shoes off in the house! HA!

"I've been waiting for more than a year to release this album. I can't wait to share my story."

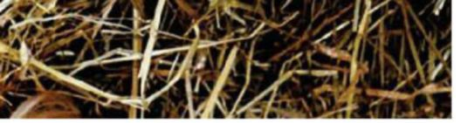
Beauty Tip

Score roll-in-the-hay hair with Kevin Murphy Bedroom Hair. It's a lightweight spray that adds shine (thanks to sunflower-seed extracts) and gives crazy-sexy texture.

BRA, BRIEFS, *Alessandra Rich.* **HEART NECKLACE,** *Shay.* **EARRINGS,** *Selim Mouzannar.* **BRACELET** *(top), Alison Lou.* **BRACELET** *(bottom), Louis Vuitton.* **RINGS,** *Daniela Villegas.*

Located on 500 acres of land, the Cyrus farmhouse is special to the family. Dad Billy Ray had it blessed. Here, Miley runs around with her sister Noah's dog, Leo—back home in L.A., she has seven pups of her own.

DRESS, *Topshop Bride.* **NECKLACE, EARRINGS, BRACELET, RINGS,** *Selim Mouzannar.* **HAIR:** *Teddy Charles at The Wall Group.* **PROP STYLIST:** *Evan Jourden.* **PRODUCTION:** *Viewfinders.* **HOTEL:** *Thompson Nashville.*



PREVIOUS SPREAD, CLOCKWISE FROM TOP LEFT: GETTY IMAGES (6); COURTESY OF BRAND. THIS SPREAD, CLOCKWISE TOP RIGHT: COURTESY MILEY CYRUS/INSTAGRAM. GETTY IMAGES (4).

I always feel at home with:

My 2 pigs! Puddles + Pig Pig!

One of my proudest career moments:

Bringing Jesse to the VMAs to accept my video of the year award + bringing awareness to homeless youth!

What drives me to advocate for LGBTQ rights:

I have changed + evolved so much in my own life + have become the person I feel I truly am... I believe everyone should have the same freedom!

JANE GOODALL

ELVIS PRESLEY

JOHNNY CASH

If I could have dinner with anyone, I'd pick:

1. My pappy, again! ♥ (can't choose)
2. Jane Goodall
3. Johnny Cash / Elvis

I'd love it if no one ever asked me this again:

Anything about my personal relationship ♥

My biggest hope for Noah's career:

It's that she never lets people + their hurtful comments (cuz of insecurity) affect her bright light. I want her to continue to shine!

WITH SISTER NOAH

Advice I live by:

My Dad always says "A trying time is no time to quit trying"

I feel most fearless when: the show is over!

the butterflies fly away

BE WHO YOU WANNA BE!

always radiate ... Ci!

MC